

# 1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 41: Who Most Often Makes Children's Meals and Snacks (Phone Sample)**

During the school week, who most often makes breakfast/lunch/dinner for you?

During the school week, who most often makes after-school/evening snacks for you?

	Percent of Children Reporting Who Makes Their Meals and Snacks				
	Dad/	Alone	and	with	School
<b>Meal Times</b>					
Breakfast	45	40	2	♦	13
Lunch	40	16	2	0	42
Dinner	96	2	2	0	♦
<b>Snack Times</b>					
After School Snack	44	50	2	1	3
Evening Snack	51	46	1	0	1

Excludes those reporting "other," "don't eat," and "don't know."

0% represents one-half of one percent or less.

♦ No one represented.

Rows may not add up to 100% due to rounding.

California Department of Health Services: June 2004

**1999 California Children's Healthy Eating and Exercise Practices Survey**

**Table 42: Source of Food Consumed During Weekday Meals/Snacks (Diary Sample)<sup>1</sup>**

Where did your child get the food for breakfast, lunch, dinner and snacks?

<b>Food Source</b>	<b>Percent of Children Receiving Food from Each Source by Meal</b>					
	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Morning Snack</b>	<b>Midday Snack</b>	<b>Evening Snack</b>
Home	88	45	87	75	78	94
School cafeteria	15	53	0	13	4	♦
Day care provider or facility/friend's house	1	1	1	5	9	1
Fast food restaurant or food court	1	1	9	♦	3	1
Served by fast food at school	0	2	0	0	1	♦
Miscellaneous <sup>2</sup>	1	2	5	8	7	4

<sup>1</sup> Reports the responses based on two days.

<sup>2</sup> Miscellaneous represents four collapsed categories including school vending machine, convenience store, other type of restaurant, and other.

0% represents one-half of one percent or less.

♦ No one represented

Columns may not add up to 100% due to rounding.

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 43: Frequency of Eating Lunch in the School Cafeteria during the Past Week (Diary Sample)<sup>1</sup>**

About how many times during a school week do you eat a lunch served by your school's cafeteria?

	Times Eating School Lunch in the Past Week, Percent of Children				
	None	Few Times a Month	1-2 Times/ Week	3-4 Times/ Week	5 Times/ Week
<b>Total</b>	<b>16</b>	<b>12</b>	<b>16</b>	<b>15</b>	<b>41</b>
<b>Gender</b>					
Males	14	12	14	14	46
Females	17	14	18	15	36
<b>Ethnicity</b>					
White	17	17	20	13	33
African American	9	3	13	15	60
Latino	10	8	14	17	51
Asian/Other	32	16	13	13	26
<b>Income</b>					
≤\$19,999	5	4	3	16	72
20,000 - \$49,999	13	9	15	14	50
≥\$50,000	22	19	23	15	20
<b>School Type</b>					
Public	14	13	13	15	45
Other	30	9	36	11	14
<b>Overweight Status</b>					
Not at Risk	16	13	15	13	42
At Risk/Overweight	15	12	19	14	40
<b>Food Stamps</b>					
Yes	1	1	2	18	78
No	18	14	18	14	36
<b>Physical Activity</b>					
≥60 minutes	21	11	16	14	38
<60 minutes	11	14	16	15	44
<b>School Breakfast</b>					
Yes	1	4	0	9	85
No	18	14	19	16	33
<b>School Lunch</b>					
Yes	1	5	11	20	64
No	41	26	25	6	2
<b>Nutrition Lesson</b>					
Yes	15	13	17	15	40
No	16	12	15	14	42
<b>Exercise Lesson</b>					
Yes	15	13	18	16	38
No	16	12	12	12	48

<sup>1</sup> Excludes those reporting "no answer" and children attending home school.

0% represents one-half of one percent or less.

Reported mean times eating school lunch in the past week was 2.9 times.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\*\* p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 44: Percentage of Children Who Reported that Their Schools Served Breakfast, Hot Lunch, and Snacks (Diary Sample)**

Does your school usually serve its students breakfast/hot lunches/after-school snacks?

	Children Reported that Schools Served		
	Breakfast	Hot Lunch <sup>1</sup>	After-School Snacks
<b>Total</b>	<b>69</b>	<b>94</b>	<b>13</b>
<b>Gender</b>			
Males	70	94	11
Females	68	95	15
<b>Ethnicity</b>			
White	60 ***	94 **	15
African American	81	100	24
Latino	79	96	11
Asian/Other	59	83	7
<b>Income</b>			
≤\$19,999	86 ***	99 *	19 ***
20,000 - \$49,999	79	91	4
≥\$50,000	52	95	18
<b>School Type</b>			
Public	75 ***	96 ***	9 ***
Other	25	81	41
<b>Overweight Status</b>			
Not at Risk	66	94	9 **
At Risk/Overweight	75	95	20
<b>Food Stamps</b>			
Yes	88 *	100	14
No	68	94	13
<b>Physical Activity</b>			
≥60 minutes	72	96	15
<60 minutes	66	93	12
<b>School Breakfast</b>			
Yes	100 ***	100	9
No	64	93	14
<b>School Lunch</b>			
Yes	76 ***	99 ***	10 *
No	55	86	18
<b>Nutrition Lesson</b>			
Yes	70	95	16 *
No	67	92	8
<b>Exercise Lesson</b>			
Yes	65 *	93	16
No	76	96	8

<sup>1</sup> Due to the small number of cases reporting "no/not sure," the ability to have meaningful significance testing is limited. Use caution in interpretation.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

# 1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 45: Children Reported Schools with Vending Machines and Fast Food Service (Phone Sample)**

Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?

Does your school have a soda vending machine that students can use?

Does your school cafeteria serve students fast food made by restaurants like McDonald's, Burger King, Taco Bell or Pizza Hut?

	Percent of Children Responding "Yes" to Schools Having		
	Vending Machines with Chips and Candy	School Cafeteria with Fast Food	Vending Machines with Soda
<b>Total</b>	<b>8</b>	<b>24</b>	<b>16</b>
<b>Gender</b>			
Males	8	26	16
Females	8	23	15
<b>Ethnicity</b>			
White	6	26	10 *
African American	9	36	9
Latino	10	21	20
Asian/Other	10	26	24
<b>Income</b>			
≤\$19,999	18 ***	33	25 *
20,000 - \$49,999	2	21	11
≥\$50,000	9	23	15
<b>School Type</b>			
Public	8	24	14 **
Other	8	31	30
<b>Overweight Status</b>			
Not at Risk	7	24	17
At Risk/Overweight	10	26	13
<b>Food Stamps</b>			
Yes	14	25	14
No	8	25	16
<b>Physical Activity</b>			
≥60 minutes	7	26	19
<60 minutes	9	24	13
<b>School Breakfast</b>			
Yes	6	25	25
No	9	24	14
<b>School Lunch</b>			
Yes	9	24	16
No	8	24	16
<b>Nutrition Lesson</b>			
Yes	10	24	18
No	6	24	12
<b>Exercise Lesson</b>			
Yes	9	27	17
No	6	19	12

Excludes those reporting "don't know."

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 46: Frequency of Eating in a Fast Food Restaurant during the Past Week (Phone Sample)**

In the past week, about how many times did you eat at a fast food restaurant such as McDonald's, Pizza Hut, Burger King, KFC, Wendy's, and so on?

	Times Eating Fast Food in the Past Week, Percent of Children		
	0	1	2+
<b>Total</b>	<b>28</b>	<b>35</b>	<b>36</b>
<b>Gender</b>			
Males	28	41	32
Females	29	30	40
<b>Ethnicity</b>			
White	29	39	32
African American	15	48	37
Latino	32	25	44
Asian/Other	23	51	26
<b>Income</b>			
≤\$19,999	31	24	45
20,000 - \$49,999	32	37	32
≥\$50,000	25	39	36
<b>School Type</b>			
Public	29	36	35
Other	26	30	44
<b>Overweight Status</b>			
Not at Risk	30	40	30
At Risk/Overweight	26	27	47
<b>Food Stamps</b>			
Yes	22	28	50
No	29	36	35
<b>Physical Activity</b>			
≥60 minutes	29	45	26
<60 minutes	28	27	45
<b>School Breakfast</b>			
Yes	17	46	38
No	30	34	36
<b>School Lunch</b>			
Yes	30	31	40
No	26	44	30
<b>Nutrition Lesson</b>			
Yes	29	39	32
No	28	30	43
<b>Exercise Lesson</b>			
Yes	26	36	38
No	34	34	32

Excludes those reporting "don't know."

Reported mean times eating fast food in the past week was 1.2 times.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square

\* p<.05

\*\* p<.01

\*\*\* p<.001

**1999 California Children's Healthy Eating and Exercise Practices Survey**

**Table 47: Effect of School Breakfast, School Lunch, or Fast Food on Average Servings of Food Types (Diary Sample)**

		Reported Mean Servings Per Day			
	Percent	Fruits and Vegetables	Protein	Fluid Milk	Cheese
<b>Fast Food<sup>1</sup></b>					
Yes	25	3.1	2.5	1.9	1.3 ***
No	75	3.2	2.4	2.1	
<b>School Lunch</b>					
Yes	63	3.4 ***	2.5	2.3 ***	1.1
No	37		2.4		1.0
<b>School Breakfast</b>					
Yes	16	4.3 ***	2.8 ***	2.7 ***	1.2
No	84				1.0

		Reported Mean Servings Per Day		
	Percent	Soda/Soft Drinks	Sweets	High-Fat Snacks
<b>Fast Food<sup>1</sup></b>				
Yes	25	1.6 ***	2.3 *	1.3 **
No	75			
<b>School Lunch</b>				
Yes	63	1.2	2.0 **	1.1
No	37	1.3		1.2
<b>School Breakfast</b>				
Yes	16	1.5 *	2.1	1.4 **
No	84		2.1	

<sup>1</sup> Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

A box around a group of numbers signifies that differences observed within this group are statistically significant. ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 48: Effect of School Breakfast, School Lunch, or Fast Food on Eating Recommended Foods (Diary Sample)

	Percent	Children Who Ate, Percent						
		5+ Servings of Fruits and Vegetables	3+ Servings of Milk Products	2+ Servings of Protein	Any Green Salad	Any Milk	Any Dry Beans	Any Higher Fiber Cereal
<b>Fast Food<sup>1</sup></b>								
Yes	25	22	64	77 *	2	87	40	22
No	75	19	66	70	5	90	42	20
<b>School Lunch</b>								
Yes	63	23 *	74 ***	72	5	95 ***	49 ***	21
No	37	16	51	71	3	80	28	20
<b>School Breakfast</b>								
Yes	16	37 ***	79 ***	78	7	98 ***	65 ***	18
No	84	17	63	70	4	88	37	21

	Percent	Children Who Ate, Percent		
		Any Soda/Soft Drinks	Any Sweets	Any High-Fat Snacks
<b>Fast Food<sup>1</sup></b>				
Yes	25	72 ***	89	62
No	75	54	84	58
<b>School Lunch</b>				
Yes	63	56 *	81 ***	55 **
No	37	63	91	66
<b>School Breakfast</b>				
Yes	16	66	85	69 *
No	84	57	85	57

<sup>1</sup> Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001



1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 49: Favorite Type of Restaurant (Phone Sample)**

What one of the following types of restaurants is your favorite type?

	Favorite Type of Restaurant Reported, Percent of Children		
	Fast Food	Buffet	Table Service
<b>Total</b>	<b>45</b>	<b>28</b>	<b>27</b>
<b>Gender</b>			
Males	46	22	31
Females	43	33	24
<b>Ethnicity</b>			
White	35	33	32
African American	36	30	34
Latino	59	21	21
Asian/Other	40	32	27
<b>Income</b>			
≤\$19,999	65	27	8
20,000 - \$49,999	45	27	29
≥\$50,000	35	29	36
<b>School Type</b>			
Public	45	28	27
Other	41	25	34
<b>Overweight Status</b>			
Not at Risk	47	24	29
At Risk/Overweight	42	32	26
<b>Food Stamps</b>			
Yes	58	19	22
No	43	29	28
<b>Physical Activity</b>			
≥60 minutes	36	28	36
<60 minutes	52	28	20
<b>School Breakfast</b>			
Yes	49	26	25
No	44	28	28
<b>School Lunch</b>			
Yes	52	26	22
No	32	32	36
<b>Nutrition Lesson</b>			
Yes	42	30	28
No	49	25	26
<b>Exercise Lesson</b>			
Yes	42	29	29
No	50	26	24

Excludes those reporting "all of the above" and "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 50: Who Most Often Chooses the Restaurant for Out-of-Home Eating (Phone Sample)**

When you and your family decide to eat a meal at any type of restaurant, who usually picks the restaurant?

	Children Reported Who Chooses the Restaurant, Percent			
	Everyone together	Your Parents	You	
<b>Total</b>	<b>67</b>	<b>26</b>	<b>6</b>	
<b>Gender</b>				
Males	73	24	3	**
Females	62	28	10	
<b>Ethnicity</b>				
White	67	30	4	**
African American	54	37	9	
Latino	71	18	11	
Asian/Other	64	36	◆	
<b>Income</b>				
≤\$19,999	61	26	14	**
20,000 - \$49,999	62	30	8	
≥\$50,000	76	22	2	
<b>School Type</b>				
Public	66	26	7	
Other	79	21	0	
<b>Overweight Status</b>				
Not at Risk	71	26	4	**
At Risk/Overweight	63	25	12	
<b>Food Stamps</b>				
Yes	48	44	8	*
No	70	24	6	
<b>Physical Activity</b>				
≥60 minutes	74	18	7	**
<60 minutes	61	32	6	
<b>School Breakfast</b>				
Yes	47	41	11	**
No	71	24	6	
<b>School Lunch</b>				
Yes	68	28	4	*
No	66	23	11	
<b>Nutrition Lesson</b>				
Yes	74	20	6	**
No	56	37	7	
<b>Exercise Lesson</b>				
Yes	75	19	6	***
No	51	42	7	

Excludes those reporting "other" and "don't know."

0% represents one-half of one percent or less.

◆ No one represented.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

**1999 California Children's Healthy Eating and Exercise Practices Survey**

**Table 51: Where Children Usually Spend Their Time After School (Phone Sample)**

Thinking of this most recent school year, where did you usually spend your time after school?

	<b>Where Children Spend Time After School, Percent</b>		
	<b>Home</b>	<b>Friend's House</b>	<b>Day Care/After School Program</b>
<b>Total</b>	<b>68</b>	<b>10</b>	<b>20</b>
<b>Gender</b>			
Males	68	9	22
Females	67	11	20
<b>Ethnicity</b>			
White	70	10 **	20 **
African American	52	♦	39
Latino	70	16	14
Asian/Other	58	♦	34
<b>Income</b>			
≤\$19,999	52 **	20 **	24
20,000 - \$49,999	69	11	19
≥\$50,000	73	6	20
<b>School Type</b>			
Public	67	11	21
Other	72	4	20
<b>Overweight Status</b>			
Not at Risk	71	10	19
At Risk/Overweight	62	12	23
<b>Food Stamps</b>			
Yes	68	10	17
No	67	10	21
<b>Physical Activity</b>			
≥60 minutes	66	13	23
<60 minutes	69	8	19
<b>School Breakfast</b>			
Yes	44 ***	19 *	38 ***
No	71	9	18
<b>School Lunch</b>			
Yes	68	9	22
No	66	14	19
<b>Nutrition Lesson</b>			
Yes	68	11	19
No	66	9	22
<b>Exercise Lesson</b>			
Yes	68	11	19
No	68	9	23

♦ No one represented.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001